



DEPARTMENT OF THE NAVY

USS BATAAN (LHD 5)

FPO AE 09554-1657

IN REPLY REFER TO:

LHD5INST 5100.15

EXEC

23 Jan 06

USS BATAAN INSTRUCTION 5100.15

Subj: DISASTER PREPAREDNESS PLAN

Ref: (a) COMNAVSURFOR SAN DIEGO CA 121506Z NOV 05
(b) OPNAVINST 3440.16
(c) COMNAVREGMIDLANTINST 3440.24
(d) CINCLANTFLT OPORD NO. 2000
(e) COMNAVBASENORVA/SOPA (ADMIN) HAMPINST 3141.1V
(f) COMNAVBASENORVAINST 5530.5
(g) NAVSHIPYDNORINST P3040.2G
(h) COMNAVBASENORVAINST 3440.23A

Encl: (1) USS BATAAN Family Disaster Planning Guide

1. Purpose. To implement a Disaster Preparedness Plan as directed by reference (a).

2. Cancellation. This is a new instruction and should be read in its entirety.

3. Background. Natural disasters such as winter storms, tornados, hurricanes, and flash flooding, or those caused by catastrophic events such as terrorism, fire, hazardous material spills, and power outages can affect most regions in Virginia. In the event of a local natural disaster or catastrophic event, the Navy is likely to order a general sortie of all Navy ships. This order can come quickly, with as little as 48 hours notice. The stress imposed on service members worrying about the welfare of their family members can cause a loss of productivity and thus a reduction in operational readiness. Learning from the tragic events of September 11, 2001, and Hurricane Katrina, it is imperative that families are prepared to evacuate with, or without, the service member and on short notice.

4. Policy. It is command policy to protect the safety and health of its Sailors and their families when disaster strikes. This shall be accomplished through aggressive and comprehensive preparation and planning.

5. Responsibility.

a. The Commanding Officer shall ensure that:

(1) An effective Family Disaster Preparedness Plan is established and implemented within the command.

(2) Emphasis is placed on preparation and planning for natural disasters and catastrophic events which may cause Sailors, and or, their families to evacuate on short notice.

b. The Executive Officer shall:

(1) Implement, maintain and coordinate the provisions of this instruction.

(2) Enforce the training, education, distribution of this instruction and Family Disaster Planning Guide, enclosure (1), to Sailors and their families.

c. Department Heads shall:

(1) Enforce departmental compliance with the provisions of this instruction.

(2) Direct semi-annual training (spring and fall) on this instruction and Family Disaster Planning Guide, enclosure (1), to department personnel.

(3) Ensure the family contact information in RADM for the department is updated monthly to include family members, addresses, and contact information.

d. Division Officers shall:

(1) Instruct division personnel in the procedures prescribed in this instruction.

(2) Provide semi-annual training (spring and fall) of this instruction and Family Disaster Planning Guide, enclosure (1), to division personnel.

(3) Ensure updated roster of division personnel, including their family members, addresses, and contact information is provided to respective department heads.

e. Command Ombudsman shall:

(1) Routinely educate families via carelines, newsletters and official meetings regarding disaster preparedness.

(2) Maintain hardcopies of monthly rosters of command personnel, including their family members, addresses, and contact information.

(3) Notify the Command, the Force Ombudsman, and the Fleet and Family Support Center in the event that the Ombudsman should need to evacuate.

(4) Keep the command updated on any changes to contact information (i.e. telephone numbers, carelines, voicemail system, websites, etc.).

(5) Report to the Personnel Officer regarding the current status of Sailors and or families from whom they have heard.

f. Personnel Officer shall:

(1) Consolidate and provide a monthly soft and hard copy of the Command's roster, including their family members, addresses, and contact information to the Command Ombudsman and Amphibious Group Two NLT the first working day of each month.

(2) Serve as the single mustering point of contact to account for all Sailors and their families.

(3) Report the status of the crew and their families to the immediate superior in command group via the Commanding Officer.

g. All hands shall:

(1) Comply with this instruction.

(2) Notify chain of command of any changes to their, and/or their familie's contact information.

(3) In the event that any Sailor is unable to sortie with the ship and evacuates with their family, report their location, who is with them, who is missing, and what their intentions are, to the Command Ombudsman and their chain of command every 4 hours, or if there are changes.

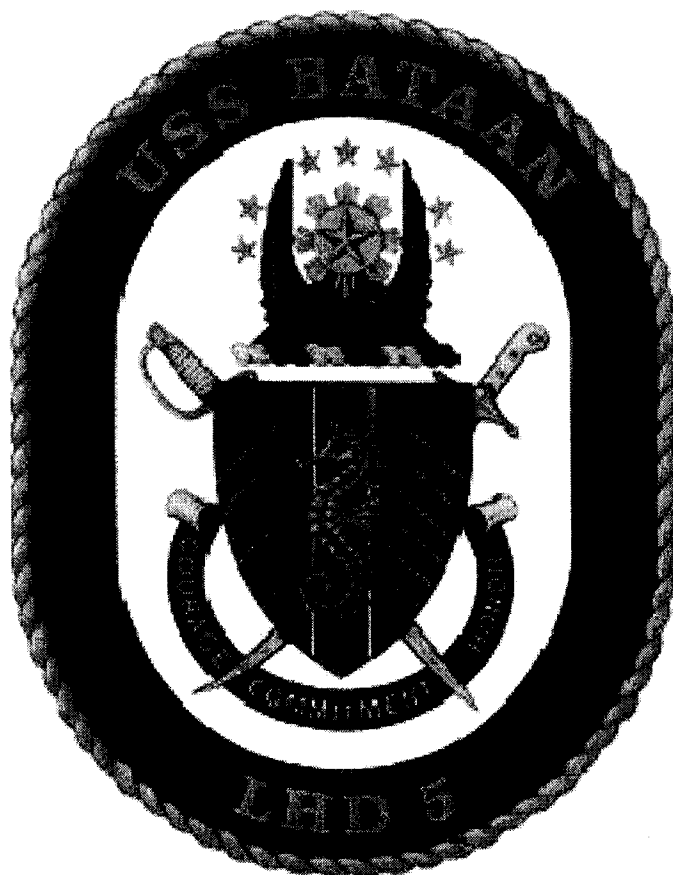
(4) Report to the Personnel Officer regarding the current status of Sailors and or families' from whom they have heard.



D. C. HULSE

Distribution:
List I

USS BATAAN (LHD 5)



Family Disaster Planning Guide

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Introduction

Natural disasters such as winter storms, tornados, hurricanes, and flash flooding or those caused by catastrophic events such as terrorism, fire, hazardous material spills, and power outages can affect most regions in North Carolina and Virginia. In the event of a local natural disaster or catastrophic event, the Navy is likely to order a general sortie of all Navy Ships. This order can come quickly, with as little as 48 hours notice. The undo stress imposed on service members, worrying about the welfare of their family members, can causes a loss of productivity and thus a reduction in operational readiness. Learning from the tragic events of September 11, 2001, and Hurricane Katrina, it is imperative that families are prepared to evacuate with or without the service member and on short notice.

If an evacuation is ordered by local government officials, it is recommended that all families evacuate as soon as possible and that their evacuation point is at a reasonable distance and to a place designated by the red cross or emergency management officials.

The second thing families need to do is call the command's Ombudsman to check in and get any messages from the command on what to do. Also, let the Ombudsman know where you are evacuating from, where you are now, who is with you, who is missing, what you are planning to do next and how can the Ombudsman can get back in touch with you. If you cannot reach the Ombudsman, please leave a message on his/her cell phone. You may also attempt to check in with the service member's chain of command.

Finally, stay calm and check in every 2-3 hours with the Ombudsman for an update and to advise him/ her of your current situation.

If the ship is out to sea and you cannot reach the Ombudsman, there will be a specific number available to reach someone who knows what Navy families should do. That number may be on the Ombudsman's message, the television, or even the radio.

The following document is provided as a resource for your Disaster preparedness. It includes some suggested actions you should take to prepare your home and familiy . Please take the time to talk about these issues with your families.

For detailed information regarding disaster planning and preparedness please check the following websites:

- Fema: www.fema.gov
- Virginia Emergency Office: www.vaemergency.com
- Hampton Roads Emergency Management: www.hremc.org
- Virginia DOT: www.virginiadot.org/comtravel/hurricane-evac-hro.asp

Step 1: Understand What Could Happen

Look Around Where You Live

Emergencies such as terrorism, fire, hazardous materials spills, power outages or those caused by natural disasters such as tornadoes and winter storms can happen anywhere to anyone. Even disasters such as hurricanes and flash floods can affect most regions of the state. Look around where you live. Are you near an interstate that could have a hazardous materials spill? Are you in a flood zone? Ask yourself what emergencies or disasters could occur in your area.

Community Warning Signals

Determine if your community has warning signals. If so, find out what they sound like and what you should do when you hear them. If not, work with authorities to develop a system and keep a battery-powered radio handy.

Find Out About Community Disaster Plans

Find out about the disaster plans at your workplace, your children's school or daycare center, your community and other places where you or your family spend time.

If a Disaster or Emergency Strikes

As we learned from the events of Sept. 11, 2001, as well as from many other natural disasters, the following things can happen:

- There can be significant numbers of casualties/damage to buildings and the infrastructure. Employers need up-to-date information about your medical needs and on how to contact your family.
- Health and mental health resources in the affected communities can be strained to their limits, even overwhelmed.
- Extensive media coverage, strong public fear and international implications can continue for a prolonged period.
- Workplaces and schools may be closed, and domestic and international travel may be restricted.
- You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.
- Cleanup may take many months.
- If a chemical or biological emergency occurs, you can be exposed to the toxins by inhaling them, swallowing contaminated food, water or medication, or by touching or coming in contact with contaminated items. You may be told by authorities to evacuate to a designated location or be asked to shelter in your home, sealing all windows and doors and turning off air intake.

Step 2: Create an Emergency/Disaster Plan

Meet with Your Family

Discuss the types of disasters and emergencies that are most likely to happen and what to do in each case. Explain the dangers to children and plan to share the responsibilities, working as a team. If you have in-home childcare, include the caregiver in your plan. A Personal Action Plan is an important part of this process because it gives you a chance to think through what you would do in a real event. The plan includes information such as your local Emergency Alert System radio or television station, evacuation assembly centers in your area, emergency phone numbers and pet care arrangements. The information should be posted on your refrigerator or in some other prominent spot as well as included in your disaster kit.

Determine Where to Meet

- A place right outside your home in case of a sudden emergency, like a fire.
- A location outside your neighborhood in case you can't return home. Make wallet cards, so everyone will know the address and phone number of the place where you are to meet. For older children, select a "safe house" in areas they frequent — until it is safe to meet.

Have an "Out-of-Town" Contact

Ask an out-of-town friend or relative to be your contact. After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know the contact's phone number, and cell phone number if they have one. Note: If telephones are not working, try e-mail. Sometimes e-mail gets through when calls cannot. Be aware that cell phones are often overloaded during and immediately after an emergency, so it is important to know "land line" phone numbers as well. Check www.vaemergency.com for up-to-date emergency information.

Have an Emergency Plan for the Mobility-Impaired

Keep support items in the same place, so they can always be found quickly. For those who have home-health caregivers, particularly for those who are bed-bound, it is essential to have an alternate plan if the home-health caregiver cannot make it to you.

What to Do if an Emergency/Disaster Strikes

- If the disaster occurs near you, be prepared to give first aid and get help for seriously injured people.
- If the emergency occurs while you are at home, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches.
- Check for fires, electrical and other household hazards. Be aware that spilled bleaches, gasoline and other liquids may produce deadly fumes when chemicals mix, or be a fire hazard. Get advice from the local fire department on how to clean up spilled liquids, especially if there are noxious fumes.

- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows and get everyone outside quickly.
- Shut off any other damaged utilities. Know in advance how to shut off all utility valves and the electricity.
- Make plans for your pets if you need to evacuate. Do not leave them outside. If you do not need to evacuate, confine or secure your pets (they're frightened, too, and may run away or bite someone).
- Check on your neighbors, especially those who are elderly or disabled.
- Call your family contact — do not use the telephone again unless it is a life-threatening emergency.

If Children are in School During a Disaster or Emergency

Check the local media for announcements about changes in school openings and closings. Parents can always pick up their children during the school day, but sometimes the safest place might be the school itself. For older children who self-transport, ask them to follow the instructions of authorities.

Look to Your Neighbors

Working with neighbors can save lives and property. Know your neighbors' skills (i.e., medical, technical) and consider how you can help neighbors with special needs, such as disabled or elderly persons. Make plans for childcare in case parents can't get home.

Know What to Do:

In an Evacuation

- Listen to your battery-powered radio and follow the instructions of local emergency officials.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit. You will put this together in Step 3 below.
- Listen to your battery-powered radio or car radio and use travel routes specified by local authorities - don't use shortcuts because certain areas may be impassable or dangerous.
- If you do not own a vehicle or drive, learn in advance what your community's arrangements are for those without private transportation.

If Told to "Shelter-in-Place" or to "Stay Put"

- Local officials may ask residents to shelter-in-place during a chemical or hazardous materials emergency. This means you must remain in your home or office and protect yourself there.
- Lock all windows and exterior doors and close vents and fireplace dampers. Turn off all fans and heating and air conditioning systems.
- Get your disaster supplies kit and make sure the battery-powered radio is working.
- Go to an interior room without windows that is above ground level. Some chemicals are heavier than air and may seep into basements.
- Using duct tape, seal all cracks around the door and any vents into the room. Include spaces around pipes.

- Listen to the radio or television until you are told all is safe or you are told to evacuate.

Have an Emergency Plan for Your Pets

Due to health regulations, animals are not allowed inside emergency shelters. Make arrangements for your pets, either securing them in your home or transporting them to a safe place.

Make arrangements for your pets as part of your household disaster planning. If you must evacuate your home, Always take your pets with you. But remember pets will not be allowed in public emergency shelters.

Preparing Pets For Evacuation

The best way to protect your family from the effects of a disaster is to have a disaster plan. If you are a pet owner, that plan must include your pets. Being prepared can save their lives.

If you must evacuate, make sure you find a safe shelter for your pets. If it's not safe for you, it's not safe for them. Pets left behind can become injured, lost or ill. So, prepare now for the day when you and your pets may have to leave your home.

Don't forget your pet when preparing a family disaster plan. Assemble a portable pet disaster supplies kit.

Keep items in an accessible place and store them in sturdy containers that can be easily carried. Your pet disaster supplies kit should include:

- Medications, immunization records and a first aid kit.
- Sturdy leashes, muzzles, harnesses, carriers or cages to transport pets safely. Carriers should be large enough for the pet to stand comfortably, turn around and lie down. Include blankets or towels for bedding and warmth.
- Current photos of your pets in case they get lost.
- Food, drinking water, bowls, cat litter/pan and can opener.
- Information on feeding schedules, medical conditions, behavior problems and the name and number of your veterinarian.
- Pet beds and toys, if easily transportable.

Have a Safe Place To Take Your Pets

Many public disaster shelters cannot accept pets because of health and safety regulations and other considerations. The only animals allowed in some shelters are service animals that assist people with disabilities. Research your sheltering options before a disaster strikes. Work with your local emergency management and humane organizations to develop sheltering alternatives for people with pets.

- Contact hotels and motels outside your immediate area to check policies on accepting pets.
- Ask friends, relatives or others outside your area whether they could shelter your animals in an emergency.
- Prepare a list of animal shelters, boarding facilities and veterinarians who could shelter animals in an emergency.

Know What To Do As a Disaster Approaches

- Call ahead to confirm emergency shelter arrangements for you and your pets.
- Check to be sure your pet disaster supplies are ready to take at a moment's notice.
- Bring all pets into the house so you won't have to search for them if you have to leave in a hurry.
- Make sure all dogs and cats are wearing collars and up-to-date identification tags.

If You Shelter in Place ("Stay Put")

- Identify a safe area of your home where you can all stay together, including your pets.
- Keep dogs on leashes and cats in carriers. Be sure they are wearing identification tags.
- Have medications and a supply of pet food and water inside watertight containers.

In Case You're Not Home

Make arrangements in advance for a trusted neighbor to take your pets and meet you at a predetermined location. Make sure that the person is comfortable around your pets, knows where they are likely to be, knows where your disaster supplies are kept and has a key to your home.

If you use a pet-sitting service, it may be able to help, but discuss this possibility well in advance.

After a Disaster

Walk pets on a leash until they become re-oriented to their home - often familiar scents and landmarks may be altered and pets could easily be confused and become lost. Also, downed power lines, reptiles brought in with high water and debris can all pose a threat for animals after a disaster.

If pets cannot be found after a disaster, contact the local animal control office to find out where lost animals can be reclaimed. Bring along a picture of your pet if possible. Get your pets back into their normal routines as soon as possible. After a disaster, animals can become aggressive or defensive - monitor their behavior. If these problems persist or if your pet seems to be having any health problems, talk to your veterinarian.

Step 3: The Preparedness Checklist: What You Need to Know

Emergency Numbers

Post emergency numbers by all your phones (fire, police, ambulance, your physician, etc.). Teach your children how to call these numbers and when it is appropriate to do so. Include emergency numbers for water/sewer, electricity, gas and the National Poison Control Center, 1-800-222-1222.

Utilities

Know how and when to turn off water, gas and electricity at the main switches or valves and share this information with each family member. Keep any tools you will need near gas and water shut off valves. Remember, turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so.

Do not turn off gas unless you suspect a leak or local officials advise to do so. If you turn the gas off, you will need a professional to turn it back on. It might take several weeks for a professional to respond. In the meantime, you may be unable to heat your home, make hot water or cook.

Fire Extinguisher

Be sure everyone knows how to use your fire extinguishers (ABC type), and where they are kept.

Smoke Alarms

Install smoke alarms on each level of your home, especially near the bedrooms. Follow local codes and manufacturer's instructions about installation requirements. Test monthly.

Escape Routes and Safe Spots

Determine the best escape routes out of your home. Find two ways out of each room. Also, find the safe spots in your home for each type of disaster. (For example, if a tornado approaches, go to the lowest floor of your home or an interior room or closet with no windows.)

If Electrical Power is Lost

- Check to see if neighbors have power. If they are also without service, call your local power company.
- Use a flashlight or battery-operated lantern. Do not use candles for emergency lighting. Candles and kerosene lanterns are fire hazards.
- Turn off all major appliances. They could overload electric lines when power is restored, causing a second outage.
- Keep refrigerator and freezer doors closed as much as possible. Food can be kept cold for a day or two if the doors are kept closed.
- Use portable generators cautiously. Make sure they are outside in a well-ventilated area. Refuel a generator only after it has cooled.

- In cold weather, drain pumps, supply lines, water heaters and boilers - these can freeze when the power is lost. So can traps in drains of tubs, sinks, commodes, washing machines and dishwashers. In order to avoid burst pipes, close the main water valve and open the spigots and supply lines and drain them.
- In advance, provide your power company with a list of all life support equipment required by family members. Develop a contingency plan that includes an alternate power source for the equipment or relocating the person.

First Aid/CPR

Take a Red Cross first aid and CPR class as a family.

Inventory Home Possessions

Make a visual or written record of your possessions to help you claim losses in the event of damage. Include photographs of cars, boats and recreational vehicles. Get professional appraisals of jewelry, collectibles, artwork or other items that may be difficult to evaluate. Also, photograph the exterior of your home. Include the landscaping that may not be insurable, but does increase the value of your property for tax purposes. Make copies of receipts and canceled checks for valuable items.

Stock Emergency Supplies and Assemble a Disaster Supplies Kit

Keep enough supplies in your home to meet your needs and those of each family member for three to five days. Assemble a Disaster Supplies Kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffel bags or covered trash containers. **Include:**

- One gallon water per person per day
- Canned or packaged food
- Battery-powered radio
- First aid kit
- Flashlight
- Manual can opener
- Extra batteries
- Toiletries
- Blankets or sleeping bags
- Prescription medications
- Special items for infant, elderly or disabled members of the household
- Important family documents in a waterproof container. Keep the originals of all important financial and family documents in a safe place. You will need accessible records for tax and insurance purposes.

Ask one person to be responsible for replacing water every three months and food every six months. Batteries should also be replaced on a regular basis. Tape the call letters and frequency numbers of your emergency alert radio stations (EAS) on the radio and make sure everyone knows how to work the radio and put in fresh batteries. Also tape the channel number of the television emergency broadcast stations on your TV.

Insurance Coverage

Check if you have adequate insurance coverage. Homeowners insurance does not cover floods and some other major disasters. If you are in an area that can flood, talk with your insurance agent about getting flood insurance.

ENCL (1): Shelter Information

Shelter locations can vary from city to city or based on the disaster. At the onset of any disaster local governments will make information regarding shelter locations readily available. Be sure to check with local official and listen to the radio for the most up to date information.

Items to Bring to shelter:

In the case of an evacuation, families should prepare to take care of themselves without outside help for several days. The average time for an evacuation is three.

1. Sleeping bags or two blankets per person. Most shelters will be located in schools and other public buildings. While they will have a limited amount of supplies, you and your family will be much more comfortable if you bring your own supplies.
2. Emergency preparation guides. Get these now. They contain valuable information not only on the immediate emergency, but what you need to do and know to recover – such as what aid is available and signs of stress in family members.
3. Water, stored in plastic bottles with screw caps; one gallon per person per day. Water services may be disrupted at the shelter as well in the early hours of an emergency. See related pages.
4. Board games for entertainment.
5. Special items for infants (clothes, diapers, milk or formula, powder, bottles and nipples, food, small toys, blankets, portable crib, etc.).
6. Personal hygiene items such as soap, toothbrushes, toothpaste, deodorant and feminine supplies.
7. First aid kit, including adhesive bandages, aspirin, liquid soap and prescription medications.
8. Non-perishable canned or packaged food and drinks (corned beef, tuna fish, apple sauce, cookies, juice, etc.); preferably that requires no cooking and a non-electric can opener. It may take a day or more to set up a regular meal schedule at a shelter.
9. Reading and writing materials.
10. Battery powered flashlight in case of power loss.

Additional Items to Include:

- Change of clothes, including rain gear, sturdy shoes, extra socks and underwear.
- Extra pair of glasses or contacts, and contact lens case and solution.
- Pillows.
- Pens or pencils.
- Sewing kit.
- Emergency cooking equipment, such as a camp stove.

- Plastic cups, plates and utensils. The shelter may not have utensils in the early hours of an emergency.
- Credit cards and cash.
- Special items for elderly or disabled family members.

ENCL (2): Emergency Phone numbers

Police-Fire-Rescue (State & Federal):

US Coast Guard Search & Rescue	484-8192
Virginia State Police (Suffolk only)	925-2432
Virginia State Police (All other areas)	(800) 582-8350
North Carolina Highway Patrol	(919)733-7952

Police-Fire-Rescue (Local):

	Police/Sheriff Non-Emergency	Fire-Dept. Non-Emergency
Newport News	247-2500	247-2500
Virginia Beach	427-5000	427-4228
Hampton	727-6111	727-6580
York County	890-3621	890-3600
Poquoson	868-3501	868-8264
James City County	253-1800	220-0626
Chesapeake	547-6161	547-6297
Charles City County	829-9265	911
Norfolk	441-5610	441-5777
Smithfield	357-3247	357-3231
Suffolk	925-6350	925-6380
Mathews	725-7177	725-2119
Portsmouth	393-8389	393-8765
Williamsburg	220-2331	220-6220
Gloucester	693-3890	693-3890

American Red Cross:

Portsmouth/West Chesapeake	393-1031
Suffolk	539-6645
Norfolk-East Chesapeake	446-7700
Hampton Roads	838-7320
York/Poquoson	898-3090
Colonial Virginia	253-0228
Gloucester County	693-5554
Virginia Beach	428-9081
Williamsburg	253-0228
Plymouth, N.C.	(252) 793-4560
Elizabeth City, N.C.	(252)335-2185

Hertford, N.C. (252)332-3721

Northampton County, N.C. (252)534-2721

Utilities :

North Carolina Power (919)473-6780 / (888)667-3000

North Carolina Power (Outer Banks) (888)667-3000

Hatteras Island Electric (919)995-5616

Ocracoke Island Electric (919)928-3351

Dominion Virginia Power:

All Areas (888) 667-3000

Virginia Natural Gas:

All Areas (877) 572-3342

Commonwealth Gas (800) 544-5606

Waterworks:

Chesapeake 382-3550

Norfolk 823-1000

Peninsula 926-1000

Portsmouth 393-8561

Virginia Beach 427-5075

C&P, GTE & Bell Atlantic Phone:

Suffolk 934-2400

King William County 954-6222 or (800) 392-1552

New Kent County (966,932 & 829 Prefix) 284-0058

New Kent County (All other prefix) 727-8100

Newport News, Hampton, Poquoson,
Williamsburg, James City, York & Charles City
Counties 954-6222

Gloucester, Middlesex, Mathews, King & Queen,
Surry & Isle of Wight (800) 892-2980

Southside (800) 275-2355

GTE-Virginia (800)483-1000

Mid-Atlantic Sprint Carolina (919)977-7100

State Agencies

Department of Emergency Management (N.C.) (919) 733-3867

Department of Emergency Management (Va.) (804) 323-2897

Traffic

Highway Helpline (VA) (800) 367-7623

ENCL (3): Family Disaster Supplies Kit

Keep these supplies at home throughout the year in preparation for major emergencies or disasters. We recommend that you keep them in a separate "Family Disaster Supplies Kit" so they are easy to find when you need them. Identify a safe room for storage of the supply kit and where you can go if a hurricane hits. *Don't forget to rotate and replace expired items throughout the year.*

Family members should discuss and plan additional supplies that might be needed over an extended period of time. Be ready for the hurricane season. Some supplies will be required in the event you elect to stay in your home. Others may be required if you evacuate or relocate or go to a shelter. Plan supplies so they are clearly accessible and identifiable. After a hurricane watch is issued, there may be a high demand and short supply of many items.

- AM/FM radio (AC/DC battery operated)
- Baby food, diapers, formula and other supplies
- Backpack, duffel bag, portable cooler or other containers
- Bleach (without lemon or any other additives)
- Canned or packaged foods, milk and beverages (minimum 7-day non-perishable food supply for each family member)
- Can opener (non-electric)
- Changes of clothing, hard soled shoes and rain gear for each family member
- Eating utensils and supplies
- Emergency cooking facilities (camping equipment and supplies are great)
- Extra prescription medications, glasses or hearing aids (see your doctor)
- Fire extinguishers (checked and serviced annually)
- First aid kit (adequate capacity and type for the size of your family)
- Flashlights & extra batteries (size and type for flashlights, radios, etc.)
- Food and water for pets
- Important documents (driver's license, birth certificate, insurance documents, etc.)
- Lanterns and fuel (stored in safe container & location)
- Matches (stored in a safe and protective container)
- Mosquito repellant
- Non-perishable foods, milk and beverages (minimum 7-day supply for each family member)
- Plywood boards $\frac{3}{4}$ " to board up windows (cut & fit ahead of time)
- Quiet games, toys, books and cards
- Sleeping bag and blankets for each family member
- Spare batteries for flashlights, radios, etc.
- Spare keys for home, vehicles, boats, etc.
- Toilet paper, soap, tooth brushes, tooth paste and other personal hygiene items
- Water (1 gallon per person per day for drinking purposes)

- Water purification procedures & tablets (check with your local health department)
- Weather alert radio (AC/DC battery operated)
- Other items preplanned by the family

Evacuating the Hampton Roads Area

ENCL (4): Evacuation Routes

Due to the large population and limited number of highways leading out of Hampton Roads, phased evacuation using assigned routes is necessary. Detailed information and maps may be viewed: <http://www.virginiadot.org/comtravel/hurricane-evac-hro.asp>.

Phase One Routes

Hampton, Poquoson, Virginia Beach, Norfolk, and York County should evacuate using phase one routes.

Phase one evacuees should evacuate 24 to 14 hours prior to the onset of tropical storm force winds.

Phase Two Routes

Newport News, the remainder of Hampton, Chesapeake, Portsmouth and Suffolk should evacuate using phase two routes.

Phase two evacuees should evacuate 14 hours prior to the onset of tropical storm force winds.

Evacuating Outlying Areas

Middle Peninsula - Residents in Mathews, Gloucester and Middlesex counties should evacuate along Route 17 north.

Northern Neck - Residents of Northumberland, Westmoreland, Lancaster and Richmond counties should evacuate along Route 202 and 203 to Route 3 north toward Fredericksburg.

Eastern Shore - Northampton and Accomack residents should **not** use the Chesapeake Bay Bridge Tunnel. Instead, residents should head north on Route 13.

